

Volume 32, No. 12, December 2000

Carolina country

Your family traditions

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We're stocking shelves at The Carolina Country Store — Pages 19-21





# Electric Cooperatives Support the North Carolina Burn Center

North Carolina's electric cooperatives hosted a golf tournament in September that raised approximately \$35,000 for the North Carolina Jaycee Burn Center.

The "Learn Not to Burn" program directed by the North Carolina Jaycee Burn Center sends specialists to make presentations to schools, fire departments, senior citizens, Jaycess and other service groups. Many serious injuries and fatalities are prevented each year because children and adults learn not to burn.

*Listed here are the major donors to the golf tournament. The cooperatives also are very grateful to the many other businesses and individuals who contributed to the success of the tournament.*

## Thanks for caring about North Carolina

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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 750,000 homes, farms and businesses in North Carolina. The 27 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.



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#### Has your address changed?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

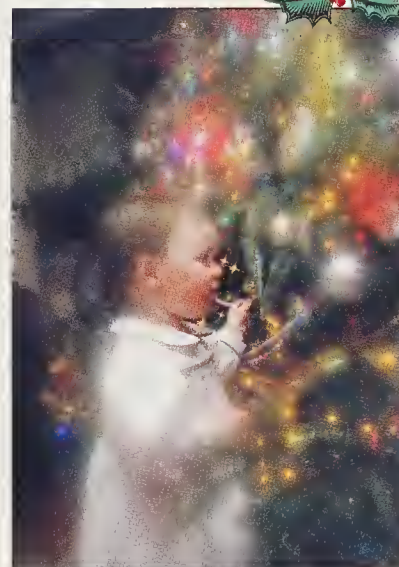
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#### On the Cover

In Asheboro, the family tradition at Jeffery and Susan McDuffie's house is to decorate their Christmas tree on Thanksgiving Day. Last year, Jordan Marie was 18 months old when she joined in. Her 10-month-old brother, Nicholas Lathe, will be with her this year. Her dad, Jeffery, took this picture. He is a journeyman lineman with Randolph EMC, where his dad, Robert, served 35 years and retired as general manager in 1996.



## Letter from the editor

### What a year

Carolina Country wishes everyone in our extended family a happy and healthy holiday season. Each day that we work on assembling this magazine we appreciate how close we are to you, mainly because we hear from some of you every day, but also because we think about you with every step we take.

Like your electric cooperative staff, we feel privileged to work for you. We take seriously our mission to publish information that helps you understand your cooperative and the issues affecting it. We also try to have a good time while doing our job as best we can.

This year, the Council of Rural Electric Communicators considered Carolina Country the best of all statewide electric cooperative publications produced in the U.S. We are proud and humbled by that recognition, and grateful to the cooperatives, the senior executives here at the statewide association, and advertisers who support and trust us month after month.

I am especially proud of the Carolina Country staff. The magazine has expanded its reach considerably over the past few years. We now produce the magazine each month in 15 local versions, containing many of your cooperative's newsletters and special promotions. Lately it's been more strenuous than usual because associate editor Kim Whorton Tripp has been happily at home with her firstborn, Jenna Helen, who landed here Oct. 12. Assistant editor Renee Gannon has filled in ably, which doesn't surprise any of us seeing as she earned her Certified Cooperative Communicator certification this year. (That means she studied really hard and passed a big exam testing her knowledge of co-ops and her communication skills.) Nicole Ferrari joined us this year as art director and graphic designer, and you've probably noticed her cool, fresh mark on these pages, as well as that of Brigitte Ting, our stellar Web site manager and graphic design intern for two semesters who graduates from Meredith College this month. We're lucky to have Elisa Cottrell, who is temporarily helping us get by without Kim Tripp. And, of course, the real business gets done by Jennifer Boedart Hoey, a mother of two young boys, who steadfastly runs our ad sales program; and by business coordinator Jenny Lloyd, who manages our circulation, classifieds and most everything else.

Thanks for all your encouragement throughout the year, and best wishes in 2001.

Michael E.C. Gery  
Editor

*Our grandson Brandon wants to know: "Grandpa, my buffalo's lookin' good. How's yours doin'?"*

Bob and Debbie Collins  
Marshville  
Pec Dee EMC member



### Do good anyway

People can be unreasonable, illogical, and self-centered, love them anyway. When you do the right thing, some people will accuse you of a "holier than thou motive." Do the right thing anyway.

If you are successful, you will win false friends and true enemies. Succeed anyway. Honesty and integrity will make you unlovable. Be honest and ethical anyway.

The good you do today may be forgotten tomorrow. Do good anyway. Little people will try to shoot down your big ideas. Think big anyway.

What you spend years building can be destroyed overnight. Build anyway.

Give the world the best you have and you might get kicked in the teeth. Give the world – and especially the people around you – your best anyway.

Anthony F. Kiger  
Lewisville  
Surry-Yadkin EMC member

### Quick learner

We subscribe to a whole bunch of magazines that range from The New Yorker to Time to Harpers to Our State. Last time we counted there were 19 showing up in the mailbox every month.

We can honestly say that we enjoy Carolina Country more than any other periodical we receive. We look forward to each issue. Can't tell you why that is. We are Yankee transplants to boot. Just keep up the good work.

Dave Finefrock  
Pine Knoll Shores  
Carteret-Craven Electric

## Hoping to grow a Sweet Princess

The "Sweet Princess" watermelon, developed at North Carolina State University years ago, is the best melon there has ever been. I have not been able to get seeds for about five years. Might some of your readers know and share information on where I can get seeds? Thank you.

Boone Mora  
474 Chapala Drive  
Camarillo, CA 93010  
E-mail: [wbmora@earthlink.net](mailto:wbmora@earthlink.net)



For 18 years now I have lived in Alleghany County. I am in my senior year of high school, and in order to graduate we must complete a senior project. I have chosen photography. I took this picture from my house last winter.

Paula Crouse  
Glade Valley

## Following too closely

I would like to remind Rick Stott ["I don't stop for funeral processions," First Person, October 2000] that there has seldom been an accident caused by someone suddenly stopping. The cause of the accident in this situation is usually someone else following too closely.

Ron Coleman  
Sanford

## Cold morning tip

Here is a clue for people who go out on a cold morning walking or hunting: Rub petroleum jelly on your feet and they won't get cold.

Mrs. Thurman L. Wheeler  
Lenoir  
Blue Ridge Electric member

## More North Carolina wineries

As executive director of the North Carolina Grape Council, I was delighted to read such a well-written and personal article about the "Carolina Wine Country" in your September issue. Thank you for your support of local agriculture and tourism. The article by Patricia Staino was entirely factual except that it only listed 11 wineries.

I am pleased to announce that North Carolina now has 20 wineries, all of which continue to offer the family-oriented and down-to-earth approach to winemaking that Ms. Staino found admirable.

For a directory of N.C. wineries and vineyards, or information about grape or wine production, readers may contact the N.C. Grape Council at (919) 733-7136 or visit our Web site at [www.ncwine.org](http://www.ncwine.org).

Tania Dautlick  
Raleigh

The list of additional wineries follows:

**Rockhouse Vineyards -**  
Polk County  
250 Turner Road, Tryon, NC 28782  
(828) 863-2784, Lee Griffin & Marsha Cassedy  
[www.rockhousevineyards.com](http://www.rockhousevineyards.com)

**Cerminaro Vineyard -**  
Caldwell County  
4399 Wilkesboro Boulevard, Boomer, NC, 28606  
(828) 754-9306, Joe & Deborah Cerminaro

**Chateau Laurinda -**  
Alleghany County  
690 Reeves Ridge Road, Sparta, NC 28675  
(800) 650-3236, Linda & Larry Ehlers & Family  
[members.aol.com/wine2maker/ma.in.htm](http://members.aol.com/wine2maker/ma.in.htm)

**Windy Gap Vineyards -**  
Wilkes County  
837 Pardue Farm Road, Ronda, NC 28670  
(336) 984-3926, (704) 924-9467  
Allen and Sandra Hinch

**Shelton Vineyards -** Surry County  
286 Cabernet Lane, Dobson, NC 27017  
(336) 366-4724, Shelton Family  
[www.sheltonvineyards.com](http://www.sheltonvineyards.com)

To see Patricia Staino's article, click on "Your Guide to..." at [www.carolinacountry.com](http://www.carolinacountry.com).

**Hanover Park Vineyard -**  
Yadkin County  
1927 Courtney-Huntsville Road, Yadkinville, NC 27055  
(336) 463-2875, Michael & Amy Helton  
[www.hanoverparkwines.com](http://www.hanoverparkwines.com)

**SilkHope Winery -**  
Chatham County  
2601 Silk Hope Gum Springs Road, Pittsboro, NC 27312  
(919) 742-4601 Wally Butler

**Chatham Hill Winery -**  
Wake County  
3500 Gateway Centre Blvd. #200, Morrisville, NC 27560  
(919) 380-7135, fax: (919) 380-1310 Marek Wojciechowski  
[www.chathamhillwine.com](http://www.chathamhillwine.com)

**Moonrise Bay Vineyard -**  
Currituck County  
134 Moonrise Bay Landing, Knotts Island, NC 27950  
(252) 429-WINE Richard and Kate Morris

**Ritler Ridge Vineyards -**  
Buncombe County  
5 Piney Mountain Church Rd., Candler, NC 28715  
(828) 665-7405 Tim Ritz



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|-----------|----------|--------|-----------|--------|-----------|--------|-----------|--------|
|           | Male     | Female | Male      | Female | Male      | Female | Male      | Female |
| 20        |          |        | 11.77     | 11.24  | 18.81     | 17.50  | 30.62     | 28.00  |
| 21        |          |        | 11.77     | 11.24  | 18.81     | 17.50  | 30.62     | 28.00  |
| 22        |          |        | 11.77     | 11.24  | 18.81     | 17.50  | 30.62     | 28.00  |
| 23        |          |        | 11.77     | 11.24  | 18.81     | 17.50  | 30.62     | 28.00  |
| 24        |          |        | 11.77     | 11.24  | 18.81     | 17.50  | 30.62     | 28.00  |
| 25        |          |        | 11.77     | 11.24  | 18.81     | 17.50  | 30.62     | 28.00  |
| 26        |          |        | 11.77     | 11.24  | 18.81     | 17.50  | 30.62     | 28.00  |
| 27        |          |        | 11.86     | 11.33  | 19.03     | 17.71  | 31.06     | 28.43  |
| 28        |          |        | 11.86     | 11.33  | 19.03     | 17.71  | 31.06     | 28.43  |
| 29        |          |        | 11.86     | 11.33  | 19.03     | 17.71  | 31.06     | 28.43  |
| 30        |          |        | 11.86     | 11.33  | 19.03     | 17.71  | 31.06     | 28.43  |
| 31        |          |        | 11.86     | 11.33  | 19.03     | 17.71  | 31.06     | 28.43  |
| 32        |          |        | 11.86     | 11.33  | 19.03     | 17.71  | 31.06     | 28.43  |
| 33        |          |        | 11.86     | 11.33  | 19.03     | 17.71  | 31.06     | 28.43  |
| 34        |          |        | 11.94     | 11.33  | 19.25     | 17.71  | 31.50     | 28.43  |
| 35        |          |        | 11.94     | 11.41  | 19.25     | 17.93  | 31.50     | 28.87  |
| 36        |          |        | 12.03     | 11.50  | 19.46     | 18.15  | 31.93     | 29.31  |
| 37        |          |        | 12.12     | 11.59  | 19.68     | 18.37  | 32.37     | 29.75  |
| 38        |          |        | 12.21     | 11.77  | 19.90     | 18.81  | 32.81     | 30.62  |
| 39        |          |        | 12.39     | 11.94  | 20.34     | 19.25  | 33.68     | 31.50  |
| 40        |          |        | 12.56     | 12.21  | 20.78     | 19.90  | 34.56     | 32.81  |
| 41        |          |        | 12.74     | 12.39  | 21.21     | 20.34  | 35.43     | 33.68  |
| 42        |          |        | 12.92     | 12.65  | 21.65     | 21.00  | 36.31     | 35.00  |
| 43        |          |        | 13.09     | 12.83  | 22.09     | 21.43  | 37.18     | 35.87  |
| 44        |          |        | 13.45     | 13.09  | 22.96     | 22.09  | 38.93     | 37.18  |
| 45        |          |        | 13.89     | 13.45  | 24.06     | 22.96  | 41.12     | 38.93  |

Call for more information

### MONTHLY RATES

| Issue Age | \$50,000 |        | \$101,000 |        | \$250,000 |        | \$500,000 |        |
|-----------|----------|--------|-----------|--------|-----------|--------|-----------|--------|
|           | Male     | Female | Male      | Female | Male      | Female | Male      | Female |
| 46        |          |        | 14.42     | 13.71  | 25.37     | 23.62  | 43.75     | 40.25  |
| 47        |          |        | 15.13     | 14.07  | 27.12     | 24.50  | 47.25     | 42.00  |
| 48        |          |        | 15.92     | 14.51  | 29.09     | 25.59  | 51.18     | 44.18  |
| 49        |          |        | 16.72     | 14.95  | 31.06     | 26.68  | 55.12     | 46.37  |
| 50        |          |        | 17.60     | 15.39  | 33.25     | 27.78  | 59.50     | 48.56  |
| 51        |          |        | 18.48     | 15.83  | 35.43     | 28.87  | 63.87     | 50.75  |
| 52        |          |        | 19.37     | 16.27  | 37.62     | 29.96  | 68.25     | 52.93  |
| 53        |          |        | 20.34     | 16.89  | 40.03     | 31.50  | 73.06     | 56.00  |
| 54        |          |        | 21.40     | 17.51  | 42.65     | 33.03  | 78.31     | 59.06  |
| 55        |          |        | 22.81     | 18.31  | 46.15     | 35.00  | 85.31     | 63.00  |
| 56        |          |        | 24.23     | 19.10  | 49.65     | 36.96  | 92.31     | 66.93  |
| 57        |          |        | 25.73     | 19.99  | 53.37     | 39.15  | 99.75     | 71.31  |
| 58        |          |        | 27.50     | 21.05  | 57.75     | 41.78  | 108.50    | 76.56  |
| 59        |          |        | 29.71     | 22.28  | 63.21     | 44.84  | 119.43    | 82.68  |
| 60        |          |        | 32.62     | 23.79  | 70.43     | 48.56  | 133.87    | 90.12  |
| 61        |          |        | 36.25     | 25.47  | 79.40     | 52.71  | 151.81    | 98.43  |
| 62        |          |        | 40.31     | 27.23  | 89.46     | 57.09  | 171.93    | 107.18 |
| 63        |          |        | 45.00     | 29.27  | 101.06    | 62.12  | 195.12    | 117.25 |
| 64        |          |        | 50.30     | 32.01  | 114.18    | 68.90  | 221.37    | 130.81 |
| 65        |          |        | 56.31     | 35.54  | 129.06    | 77.65  | 251.12    | 148.31 |

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AMT. OF INS. DESIRED \_\_\_\_\_ ☐ TOBACCO ☐ NON-TOBACCO

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AMT. OF INS. DESIRED \_\_\_\_\_ ☐ TOBACCO ☐ NON-TOBACCO

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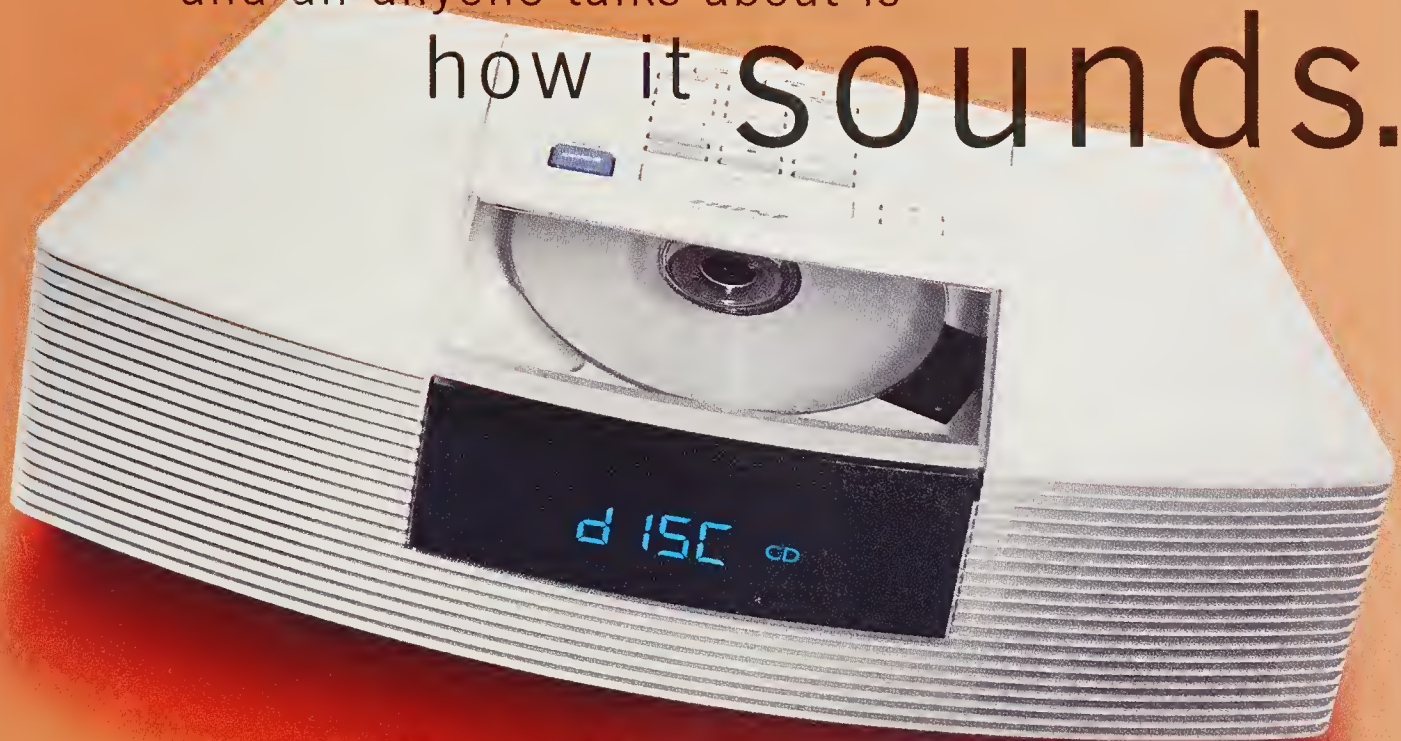
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and all anyone talks about is  
how it sounds.



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Wave radio: ☐ Platinum White ☐ Graphite Gray

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Wave radio

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## Have you seen those Touchstone Energy® ads?



Jane Pritchard

Carolina Country recently received a letter from Don Schroeder inquiring about television ads he's seen promoting Touchstone Energy and his electric cooperative. Following is Mr. Schroeder's letter, and the reply sent by Jane Pritchard, who coordinates the statewide Touchstone Energy advertising program for North Carolina's electric cooperatives.

*I have recently seen a few ads for North Carolina electric cooperatives/ Touchstone Energy on the TV. As a member of the co-op, I am assuming that those ads are free from the TV stations themselves as a public service. If they are not I would like to know why you are spending money on ads when a consumer has no choice who he buys his power from?*

*Respectfully yours,  
Don Schroeder*

Dear Mr. Schroeder:

You are correct in your observation that electricity customers in North Carolina do not have a choice -- at this time -- about whom they buy their power from. It has not been necessary to advertise in the past because electric utilities have had assigned territories and essentially did not compete for customers.

Several states have already implemented electricity competition at some level, and many more, including North Carolina, are expected to follow suit over the next few years.

Electric cooperatives, as you are aware, are relatively small utilities. They are local, customer-owned and popular with their members, who greatly value their excellent service, innovative ways and commitment to the communities they serve. Our consumer research shows that many people would prefer to buy their electricity from people-friendly cooperatives. Problem is, they can't choose cooperative power if they don't know anything about the benefits of cooperatives!

So rather than embark on hundreds of individual education and advertising campaigns, more than 600 electric cooperatives from across the nation have banded together to communicate the advantages of co-op membership. Our brand name of Touchstone Energy distinguishes us as preferred providers in the electric utility marketplace. Touchstone Energy co-ops are dedicated and involved community members committed to providing high quality and responsive service. We are pledged to operate with integrity, accountability, innovation and an unwavering commitment to community.

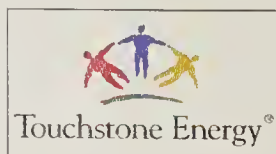
Across North Carolina, all electric utilities are advertising. Electric cooperatives want to be serious contenders in the competitive marketplace-to-be. Effective advertising is never cheap, but through Touchstone Energy, cooperatives are able to set the foundation for effective competition by working together, instead of each devising separate (and expensive) campaigns. Advertising also does not penetrate overnight -- it takes a long time to get messages across. That is why we are starting now, even though competition may be a few years away in this state. But when you -- and other consumers -- DO have a choice, we hope you will choose Touchstone Energy.

Thanks for your interest, and for being a part of a cooperative.

Jane Pritchard

Director, Corporate Communications

North Carolina Electric Membership Corporation



## Ned Jarrett talks NASCAR and Touchstone Energy®

Ned Jarrett, two-time NASCAR champion and International Motorsports Hall of Fame driver (below), explains the fine points of racing to clients and employees of North Carolina's Touchstone Energy electric cooperatives. Jarrett made his remarks and signed autographs at the Pop-Secret 400 Winston Cup race Oct. 22 at North Carolina Speedway outside of Rockingham. Fellow hall-of-



fame driver Buddy Baker also made an appearance at the Touchstone Energy tent. Also shown at left is Chuck Terrill, North Carolina Electric Membership Corporation CEO, Touchstone Energy board member and Terry Labonte fan.

## South River EMC moves into new headquarters

South River Electric Membership Corporation has moved into new headquarters on 35 acres just outside of Dunn. The 48,000-square-foot brick and stucco building and grounds bring additional space for employees, visitors, storage and a meeting room that is available to the community. An open house was scheduled for Dec. 3.

The impressive lobby "was designed to ensure visitors feel welcome and they can have all of their needs met in a timely manner," said CEO & Executive Vice President Buddy G. Creed.

A spacious operations room is located near the warehouse and linemen's room to serve as a storm center hub during an outage. The cooperative is moving toward implementing a more sophisticated mapping system, which will enhance the efficiency of post-storm restoration.

The meeting room can seat 125 people for a full meal. Creed said, "Not only will this room be useful for our own meetings, but it will be made available for use by the public as well."

From 1940-50, the young cooperative operated out of an old store in Stedman (Cumberland County). The board of directors decided in 1950 to move the headquarters to downtown Dunn, and that building was expanded and renovated many times before the co-op moved to its current location.







## How to install and operate an electric fence

Electric fences usually can be built and maintained for less than the cost of permanent barbed or woven wire fences. They can also provide cost effective animal control for strip grazing of forage, creep grazing calves, and excluding animals from sensitive stream banks and ponds. Advances in electric fences, with low resistance energizers and solar or battery options allow greater lengths of fencing to be placed almost anywhere, but if not installed properly, problems can occur. To minimize electric fence problems, a self-help guide entitled, "Installation and Operation of Electric Fences, Cow Trainers and Crowd Gates," provides installation tips and drawings.

The most common failure of electric fences, cow trainers, or crowd gates comes from an improper earth return system. If the earth return should happen to find a connective path through an adjacent metal building or water pipe, the fences, trainers and gates could become another energized return path for electric pulses. When this happens, any person or animal touching the building or water lines would receive a shock, which may make animals reluctant to drink from waterers or enter buildings. The booklet explains how earth return systems should be properly installed and adjusted for safety. Proper installation insures the desired cow response without causing undue stress on the animal.

For more details on selecting, installing or troubleshooting electric fences and related devices, see "Installation and Operation of Electric Fences, Cow Trainers and Crowd Gates," authored by the Midwest Rural Energy Council. The booklet explains wiring requirements, lightning protection, proper installation methods, and provides several illustrations. The booklet costs \$7.50, including postage, and can be obtained by contacting the National Food and Energy Council, 601 Business Loop 70 West, Suite 216D, Columbia, MO 65203. Call (573) 875-7155 or visit [www.nfec.org](http://www.nfec.org) for details on this and other farm-related energy wiring information.

## Transformer Soda Dispenser



Harris Morrison, a lineman with Central Electric Membership Corporation in Sanford, won a blue ribbon at the Lee County Fair this year for this toy soda dispenser he made from a cleaned-out 1936 Westinghouse pole transformer. "As it was sitting in my front yard," he said, "I noticed my two small girls playing with it. Upon asking them what they were doing, they informed me that they were using it as a make believe Coke machine. As a result, it became the first non-working, self-powered, fountain and Coke can dispenser."

## Power supply choice comes to Virginia

In early October, the retail electricity supply market opened to choice among more than 30,000 Virginia customers in the first phase of restructuring the electric utility industry in that state.

Seven power suppliers had been licensed to participate in the program and eight additional applications were pending, according to the Richmond Times Dispatch newspaper. In the first week, over 8,200 residential customers opted to switch from Virginia Power to an alternative supplier.

Meanwhile, the Virginia State Corporation Commission (SCC) approved regulation of consumer prices for "default" electric service once rate caps are terminated or expire in 2007, the newspaper reported. The state legislature defined default service as electricity that must be made available to consumers who do not choose a supplier on their own, cannot obtain electricity from their incumbent supplier, or have contracted with an electricity company that does not deliver. Default service was considered a key consumer protection measure during the restructuring process. However, one member of the SCC offered a dissenting opinion on the decision, saying that electricity rates must be set by the market, not the regulators, once the caps expire.

According to the Virginia schedule, all consumers will have the opportunity to choose a new power supplier by 2004, and be protected from rate hikes until mid-2007.

As in other states that have deregulated their electricity markets, customers have the option of choosing a power supplier, even though their current utility or cooperative remains responsible for local distribution of electricity and maintenance of poles and lines.

## Light Lines

by Donna Hardy





# Field of Greens

## Cold weather collards:

*a Southern tradition that's good-eatin' and good for you*

by Carla Burgess



It was the week before Christmas and time to find the perfect greenery to haul home in my station wagon. I chose the old fashioned way and drove outside the county to select and cut down my own—collards, that is.

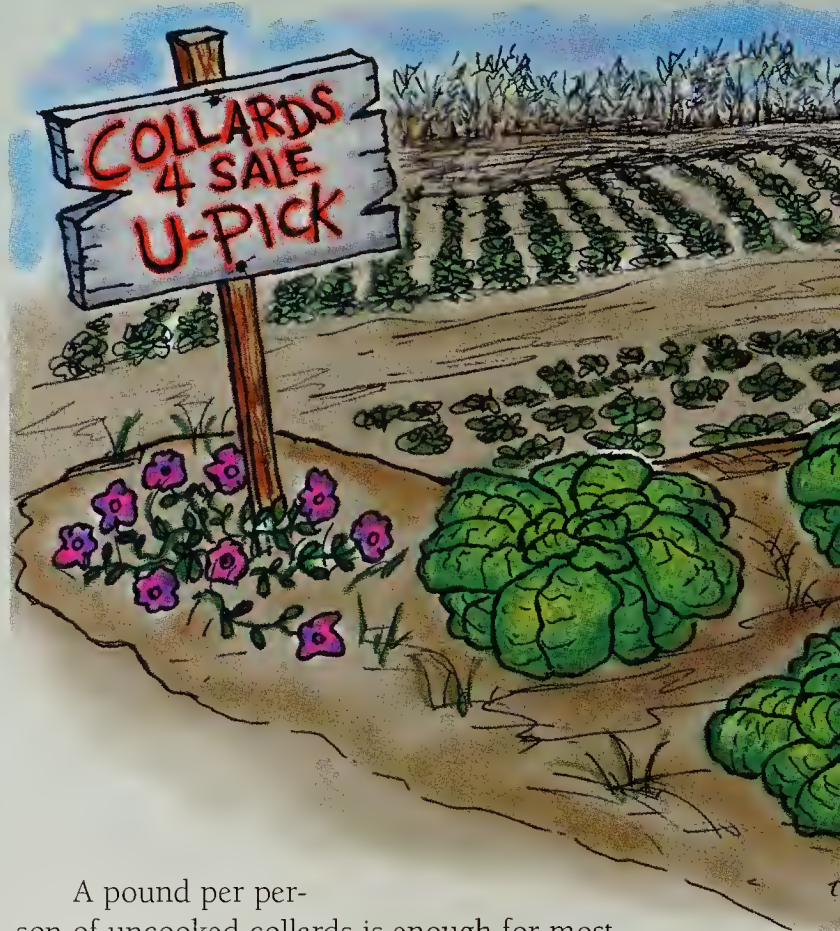
Bo Wood stood outside his mama's home-place east of Clayton off U.S. 70, offering a hacksaw and my choice of collards from the field, just \$1.25 a head. He and his crew dressed warm enough for a deer stand in January, while I shivered in the freezing air and drizzle. I took a saw in my ungloved hands and staggered uncertainly into the mushy field.

The taste of these heirloom vegetables known as “cabbage collards” brings people from all over. I had eaten some at a Thanksgiving dinner years back, and knew it'd be worth the drive from Raleigh for even a mouthful. Bo's mother, the late Vergie Wood, was known far and near as “the collard lady.” Like other growers of this old fashioned, yellow-green variety, her family selected and saved the seed over generations. Her son took over the business in 1987. The 5-acre field is open from November to New Year's, or until the collards run out, whichever comes first.

Collards can be grown anytime except in the harshest weather. Fall and early winter are the most popular season for eating. Prevailing wisdom says collards are tastier—sweeter and more tender—in cold weather, particularly after the first frost.

But Benny Cox says just as many of his customers like their greens before a cold snap. “It's just like Ford and Chevrolet,” he says. “Some people swear by Ford, and some people swear by Chevrolet.”

Benny Cox grows and sells produce year-round at his stand on South Lee Street in Ayden, home of the Collard Festival. Every September, the Pitt County town celebrates the cruciferous vegetable with a parade, dancing and fall festivities. They even crown a Collard Queen. Of course, there's collard cooking and a collard-eating contest—the record-holder reportedly scarfed down more than 7 pounds at a sitting. There's even a designated area off the stage, avoided by most spectators, for contestants to throw up, if they need to.



A pound per person of uncooked collards is enough for most customers, says Benny Cox. By the time they're cleaned, stemmed and cooked, that'll leave plenty for the plate.

Collard growers and fanciers are a fussy lot. Some people will “crop” collards—harvesting the inner leaves throughout the season from even the heading varieties; others, like Bo Wood, wait until the plant matures and cut the whole thing. Bo's heads average 7 pounds but he's grown some that weigh over 20. Benny Cox sells transplants of his heirloom variety. But George Wooten of Macclesfield promised his wife's uncle he'd never let go of the seeds or plants that have been in her family for 80 years. He says it guarantees repeat business at the log cabin on Highway 258 between Tarboro and Farmville.

“I have had people drive down from Richmond, Virginia, to get collards,” George says. He regularly ships them north by UPS. He's open during the week, and his daughter keeps things going on Saturday. If no one's around, you can buy greens on the honor system.

Though immensely popular in the South, collards are



not a big cash crop in North Carolina. When you talk to producers of the old-timey collards, you feel like they grow them more for the love of it than anything. Sampson County is the largest commercial producer, with 443 acres planted on 15 farms, according to the 1997 Census of Agriculture. Across the state, 206 farms grew only 1,284 acres, the census reports. Besides the family heirlooms, popular varieties include Morris Heading and Vates and hybrids such as Georgia Southern. The latter is a leaf collard, more blue-green in color and stronger in flavor.

If collards are close to the hearts of many, maybe it's no



Illustrations by Donna Hardy

accident. Recent multiple studies herald the collard—and other members of the cabbage family—as a cancer fighter and a heart-smart food. The vegetable is packed with calcium, potassium and Vitamin C, high in fiber, and low in sodium and calories. One-half cup of cooked collards has just 38 calories, no fat (if you leave out the bacon drippings) and no cholesterol, says Freda Butner, a nutrition marketing specialist with the N.C. Department of Agriculture.

I've met people who don't like collards, but I try to be diplomatic. I believe if you have to season or cook collards to death, you aren't using the right ones.

That day in Bo Wood's field, I thoughtfully circled specimens in several rows, but I knew that any would be delicious. I felled a few heads for me and my neighbors, Bud and Jo. Fortunately Bo was coming up a side row in his pickup and gave the greens and me a ride back to the white farmhouse. With the car a few dozen pounds heavier and my wallet a few singles lighter, I drove home giddy. I looked forward to a lip-smacking meal and the greeting I would get from Jo across the street: "Come here and let me hug your neck!"

Carla Burgess is a freelance writer in Raleigh.

## Cooking and Preparation

Collards should be washed to remove any grit, and the stems removed and discarded. Leaves may be chopped or torn into pieces. Some people cut out the leaf midribs before cooking. With tender collards and longer cooking time, this isn't necessary. Collards may be cooked as little as 20 or 30 minutes or simmered longer. To retain the most nutrients, use a small amount of water. Traditional cooks season with pork fat, but I use just a little salt and vegetable oil. In gourmet recipes, collards are curried, stir-fried and even cooked with pine nuts and sour cherries. NCDA nutritionist Freda Butner forwarded the following recipe from "A Taste of 5 a Day: Black Churches United for Better Health Cookbook."

### Collards Supreme

(from Mildred Dowtin, Simmons Grove Missionary Baptist Church)

- 1 medium collard
- 2 tablespoons toasted sesame oil
- 1 medium onion, chopped fine
- 2 stalks celery, chopped fine
- 2 small bell peppers, chopped fine
- 4 small carrots, chopped
- 2 tablespoons hot sauce
- 1 bay leaf
- 1 cup ham broth

Wash, drain, twist and break collard into small pieces. In a medium size pot use 2 tablespoons of toasted sesame oil. Add finely chopped onion, celery, garlic and bell pepper. Sauté until tender. Add broth, hot sauce, bay leaf, collards and carrots. Cover and cook until carrots are tender. Drain and serve. Yields 6 helpings (½ cup each).

Calories: 81, Fat: 5 g, % calories from fat: 53, % calories from saturated fat: 8, Sodium: 169 mg



To learn about growing your own collards, check out the Cooperative Extension Service leaflet at:  
[www.ces.ncsu.edu/depts/hort/hil/hil-8012.html](http://www.ces.ncsu.edu/depts/hort/hil/hil-8012.html)



# North Carolina Family

*"I don't know when we started this, but we'll never let it fade away."*

Who says American family values are a thing of the past? As these stories and pictures show, Carolina Country families value the real stuff that keeps families close and strong.

Not all families can claim traditions that bind siblings, relatives and generations. Such traditions usually arise by chance, rather than by plan. Someone spontaneously does something that hits the right heartstring, so that the family repeats it and relives the feeling and maybe adds on. The best of these traditions tend to spread widely enough to include other families, as well.

We hope that during the year-end holidays you enjoy these traditions and moments that mean so much to the Carolina Country families who share them with you. They certainly reinforce the idea that love, faith and charity among families and friends are the building blocks of a sound society.

Next month, we'll publish your "Advice for the New President" (Deadline was Nov. 15). For more themes in this series, see page 15.

—Michael E.C. Gery

## Ties that bind

This is my moment to remember: April 2000, camping at Curtis Creek with my father, Ervin Bowman. Lantern lit on a cool, damp night, he taught his grandson, Joshua Keller, how to tie a fly for his fly rod.

This was the last camping trip we had with our father. Leukemia shortened his life with us. He passed on to heaven this July. He is now teaching a child in heaven to fish and tie flies.

Elizabeth B. Goodnight  
Catawba  
EnergyUnited

## The water dipper

Our great-granddaughter still needs a little help getting a drink from our family water dipper. Six-month-old Grace Lynn Gantt of Vale, N.C., is the sixth generation to drink water from the family water dipper. For some 60 years, this dipper has hung in the well house at our century-old farmhouse and has served each generation that has followed. Grace's parents are Malinda and Geety Gantt.

A poem was written about our family dipper. A few lines of the poem go like this:

"Six generations have sipped from our family water dipper,

And now, we have a new dipper sipper."

Robert and Martha Abernathy  
Vale



For more of your family traditions, see the Tar Heel Tales section of our Web site at [www.carolinacountry.com](http://www.carolinacountry.com) ●



# Traditions

## Hog-killing

Every year in January, my family gathers for a tradition that is not carried out much anymore. That tradition is the annual hog-killing at the home of my father, Herman Atkinson.

Approximately 20 people come together on a cold Saturday morning. The men begin the task by slaughtering the hogs and scalding them to remove their hair. As the hogs are weighed, willing participants place dollar bets on the weight of each hog. One can make money (or lose money) at our hog-killing.

Inside, the ladies cut the fat to make lard. Around noon, my mother serves a lunch consisting of every vegetable you can imagine, plus fried ribs, pork stew, cornbread, the list goes on. As the day progresses, we cook cracklins, and grind and stuff the sausage. We even clean the intestines. (What a smelly mess!) Everyone knows what his or her job is, and we work diligently all day long. At the end of the day, the few people who are left sit around the fire, sip on homemade wine, and reminisce about the activities of the day.

Most people say that it is easier to go to the grocery store to purchase food. Yes, it is easier and quicker, but until you participate in this fading tradition, you cannot appreciate and respect the hard work that goes into the annual hog-killing.

Amanda A. Murphy  
Kenansville  
Tri-County EMC

## The Old House

This picture was taken around 1925. The house was built around 1901 or 1902 and is still standing, but my father's old hunting dog and the Model T are long gone. I now live in a house next to the old one. I have lived on the family farm all my life except for my time of service in WWII.

This picture represents the tradition of my family, because four generations have lived in this house. My two sons began their marriages in this house before they built their own. They have now built homes on both sides of me and what we call "The Old House."

Grimes Conrad  
Lexington  
EnergyUnited



## Homemade bluegrass

Homemade bluegrass music is the family tradition at the McNeilly house in Casar. Christmas is a fine time for family and friends to gather at my in-laws' home to "make music." This photo shows my father-in-law, Donald McNeilly, playing his autoharp, while my son Ethan tries to join in the fun.

The art of playing the autoharp was passed down to Donald from his mother, Blanche McNeilly. My husband, Danny, plays along on the guitar, while friends play the banjo, bass fiddle and lead guitar. Christmas, the Fourth of July, family reunions or just Friday night fun are the right times to enjoy this family tradition.

Teresa McNeilly  
Casar  
Rutherford EMC



## Harlow Harris Halliday

My family tradition is naming the oldest son Harlow Harris Halliday. It started about 90 years ago. I'm the fourth.

Sooner or later there will be around 100 people named Harlow Harris Halliday. I know it's weird, but we always do that. The Harlow came from Harlowe, N.C. The Harris just came. The Halliday came from the word Haleday in Scotland. I like that name, though.

It is very unusual, but cool, and I'm never going to stop that tradition.

Harlow Harris Halliday  
Broad Creek Middle School  
Newport

## The "Three Gift Rule"

One of my favorite traditions is what my parents refer to as the "Three Gift Rule." We are allowed to receive three gifts, from Mom and Dad or "Santa," which total less than \$100. I used to dislike this rule when I would see my friends receive boundless amounts of gifts, like televisions, bikes and video games. Then my mom told me why she made this rule.

"Jesus was given three gifts," she said, "so why should we get more than him when it is actually HIS birthday?"

Suddenly our special Christmas tradition made perfect sense. Many people confess they should concentrate less on gifts and more on faith. I am just lucky to have parents who stand up for their beliefs in a materialistic society.

Whitney Hooker  
Matthews  
Union Power Cooperative



Continued on page 14



### Shaking the pecan tree

There are some things that have always been inevitable on Thanksgiving Day in our family – having a big noon meal, going outside to throw and kick that oblong pigskin around the yard, and climbing and shaking the pecan tree. Shaking the pecan tree was as much a part of our Thanksgiving tradition as cranberry sauce and pumpkin pie.

I don't know how this untraditional tradition got started, or why I was the lucky delegate to do the honors of climbing the tree, but the question always came up:

"Myron, you gonna shake the tree after dinner?"

That question was only a formality, because everybody knew it was my family duty to carry on the tradition. I would climb as high as my proud audience would appreciate (or as high as my nerves could take) and shake the tree. The tree was at least 9,468 feet high – give or take a few thousand feet! When my nephews reached the age of "throwability," their duty was to throw the football to hit the branches I couldn't reach. Everybody else picked up the pecans.

Age forced me to pass the torch (or would that be "pass the pecan"?) on to my oldest nephew, but I look back on my glory days with much fondness as the shaker of the tree.

Myron Carter  
Albertson  
Tri-County EMC

### Fried oysters

For as long as I can remember, my family has had a tradition of fried oysters for Christmas breakfast. Each Christmas morning my father and mother would prepare them, along with scrambled eggs, ham, bacon or sausage, and rolls. It is a tradition that has been going for more than 50 years.

As both my brother and I married and had our own families, the tradition continued. Many times our parents would come to our homes for Christmas breakfast, and there were always fried oysters. As our children married, and we made time for their in-laws, my brother and I may not have had the oysters for Christmas breakfast, but they are part of our Christmas day celebration when our families gather. The tradition has even been passed on to my stepson.

Now that my brother and I have grandchildren, we expect the tradition to go on. As we prepare and eat our fried oysters during the Christmas season, we take time to remember our parents who started this tradition, and remember what they have meant to our families.

Marvin Bruce Owen Sr.  
Emerald Isle  
Carteret-Craven Electric Cooperative

### Barber dad

As my husband always says, "My dad cut my hair 'til I was 16." The dad in the photo is Bart Kornegay. His son is Henry Kornegay.

Becky Kornegay  
Cullowhee  
Haywood EMC



### Faye and the silver saddle

When I was a child my daddy owned a silver saddle. Every year, he rode our quarter horse, Faye, in our small town Christmas parade. Around the second week of December, our family polished the silver saddle. We spread the saddle on a metal table in our basement and tacked small, triangular silver pieces to the leather. We shaped the larger pieces into the head of an Indian chief. We would rub Liquid Gold polish meticulously on each piece and wipe it away with a soft cloth. Rubbing the chalky, white polish off made our fingers ache.

The fun part was going to the parade. Daddy would dress in his Western suit with gold fringe down the sleeves and snap pearlesque buttons. Rhinestones and red silk threads decorated the front. He wore his pointed-toe cowboy boots and Stetson hat. My mother, brother, sister and I would wait among the crowd with our gloves and double-pair of socks to see Daddy and Faye trot down the street. The silver saddle would glisten under the Christmas lights as Faye's hooves went clippety-clop, clippety-clop. The celebration of Christmas for our small town had begun.

Martha Harper  
Zebulon

### A gift from the birds

My grandparents started this tradition about 40 years ago when I was the first of their eight grandchildren. It began one New Year's morning when my grandparents said that they heard a lot of noise outside the house the night before on New Year's Eve. When we opened the door to look outside, between the entry door and the storm door was a small bag. In the bag was a pair of new gloves. They came to the assumption that the birds had left me a present to start the new year. From then on, on New Year's morning, we would always look between the doors to see what the "birds" had brought us. It is always something small and of little expense, hence something birds can carry and put between the doors.

To this very day I carry on this tradition with my family. Anyone in the house, first thing New Year's morning, will receive a present from the "birds." It is something special to see the looks on the faces of my two children, ages 10 and 6, on New Year's morning when they open the door and find a gift from the "birds."

Albert Paoletti  
Wilmington, Del. and Buxton, N.C.  
Cape Hatteras Electric

### Racing sticks on the New River

One of my fondest memories as a child was racing sticks down the New River with my double first cousin and best friend, Cindy. For the past 13 years my husband Greg, son Gregory, and I have claimed stick racing as our finest family tradition.

Every time we travel to West Jefferson we take time to carefully select the most sleek, aerodynamic stick we can find. We then stand on the back side of the Elk Shoals Bridge and look for the most aggressive ripple of water on which to launch our wooden vessels. My son gets the privilege of calling, "Ready ... Set ... Drop!" Once our racers are in the



water, we trample down Boggs Road cheering and frantically hoping they don't get caught in rock traps or circling whirlpools.

The winner and losers alike look forward to the finish, because the race ends at my Grandma and Grandpa Roark's house, where the best southern cooked meal you'll ever taste awaits us.

If I one day have grandchildren, they will be calling, "Ready ... Set ... Drop!"

Lisa Roark Nance  
Asheboro  
Randolph EMC

### The Christening gown

In 1955, my husband and I were expecting our first baby. Both of our parents wanted to give us a Christening gown. To keep from hurting anyone's feelings, I bought a pattern, material and borrowed a sewing machine. We laid out the pattern, cut the pieces and made a gown.

Our daughter was baptized and looked beautiful in the gown -- our labor of love. I asked my mother to embroider the name "Theresa" on one of the scallops. On the slip, in pink, she embroidered the year. After each of our other six children were born, she embroidered their names and dates in either pink or blue.

The wearing of this gown became a tradition in our family. In addition to our seven children, there have been 10 grandchildren and one great-grandchild. All of the names and dates are embroidered on the gown and slip.

Even a child outside the family has been baptized in it. The child's parents had no family, and our parish priest asked us if we would loan them the dress. Keeping in mind the true meaning of baptism, we felt a deep pride knowing this child would become part of our family tradition.

In order to keep track of the order of baptisms, my mother added one French knot over our first child's name, two over the second, etc., for a total of 19 children and 19 sets of knots.

Evelyn Wegman  
Cape Carteret  
Carteret-Craven



## Send us your best. Earn \$50.

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures.

### February 2001

*"Why I Like My Electric Co-op"*

What does co-op membership mean to you and your family?

Deadline: Dec. 15

### March 2001

*"My First Date"*

Who, when, where, why and what happened.

Deadline: Jan. 15

### April 2001

*"Believe It or Not"*

Tell us a true story that's hard to believe.

Deadline: Feb. 15

### May 2001

*"The View From Here"*

What is the view from your window?

Deadline: March 15

### June 2001

*"Working in the Country"*

What is the finest way to earn a living?

Deadline: April 15

### July 2001

*"The Finest Drive in North Carolina"*

Where is it, what's there?

Send pictures.

Deadline: May 15

### August 2001

*"The Finest Thing a Teacher Told Me"*

Why did it make a difference?

Deadline: June 15

### September 2001

*"The Finest Photo in North Carolina"*

Color or B&W. People, places.

Deadline: July 15

### October 2001

*"The Finest Restaurant in North Carolina"*

Whose is it, and why is it so good?

Deadline: Aug. 15

### November 2001

*"The Best Thing That Ever Happened to North Carolina"*

Long ago or recently

Deadline: Sept. 15

### December 2001

*"The Finest Person in My Life"*

Tell us why.

Deadline: Oct. 15

### The Rules

1. Approximately 200 words or less.
2. Only one entry per household per month.
3. E-mail or typed, if possible. Otherwise, make it legible.
4. Include your name, electric co-op, mailing address and phone number.
5. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
6. We pay \$50 for each submission published.
7. We will post on our Web site more entries than we publish, but can't pay for those submissions.
8. Send to Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616. Or by e-mail: [carolina.country@ncemcs.com](mailto:carolina.country@ncemcs.com). Or through the Web site: [www.carolinacountry.com](http://www.carolinacountry.com).



# Accepting coal as the nation's primary power supply

**Coal remains the most economical fuel for power plants. And, it burns much cleaner than in the old days.**

## Natural gas...oil...nuclear power...hydropower...coal

**W**hich fuel source accounts for most of the electricity generated in the United States? The answer is: coal.

But surveys show that most of us don't know that coal and fossil fuels are the dominant fuels that give power to their daily lives. Half of Americans surveyed think that hydropower is their primary source of electricity.

Coal has many other uses, too, including in steel production and as a source of chemicals to make pharmaceuticals and fertilizers. But by far, the greatest use of coal — nearly 90 percent — is in power plants to make electricity.

Like oil and natural gas, coal is one of America's fossil fuels. These fuels get their name because they are composed of the remains of plants and animals that lived and died during the time of the dinosaurs. Over eons, many layers of this organic material were deposited under prehistoric forests and seas. Geologic processes worked to compress those remains, increasing the amount of carbon. After millions of years, that process transformed those remains into coal. Coal formed in swamps covered by seawater contains a higher sulfur content. Fresh water tends to produce

coal that has lower sulfur content.

With an estimated 4 trillion tons in reserves, America's coal resources are unmatched anywhere in the world. Based on current production, we have enough recoverable coal reserves to last about 270 years, according to the National Mining Association.

Coal can be found in 38 states, divided almost equally between the Eastern and Western regions. Our most important coal deposits lie in the Appalachian Region in the East and in the Wyodak coal bed in Wyoming and Montana, the nation's leading source of coal. Based on coal reserves, the top five states are Montana, Illinois, Wyoming, West Virginia and Kentucky.

## Coal and the environment

**A**s a fuel, coal suffers from an image of being dirty and harmful to the environment. It has been a target for groups that blame coal as the reason for acid rain and global warming.

There is no question that burning coal in power plants does produce emissions. However, methods and technologies can and are being used to reduce those emissions while still producing the electricity vital to our nation. Using those technologies, the low-cost and reliable electricity from coal is being produced in accordance with our nation's environmental laws. In the past 20 years, major strides have been made in reducing emissions from coal-fired plants, and emerging technologies will do an even better job.

The National Mining Association reports that coal is being cleaned more before being delivered to power plants. Also, power plants use more low-sulfur coal than in the past. Clean-coal technologies lower emissions even while improving the generating capabilities of power plants. Among those technologies are "scrubbers" and "precipitators" that reduce sulfur, particulates and other impurities.

Some predict that gradual global warming will bring more storms, floods, disease and other environmental impacts. The phenomena of global warming

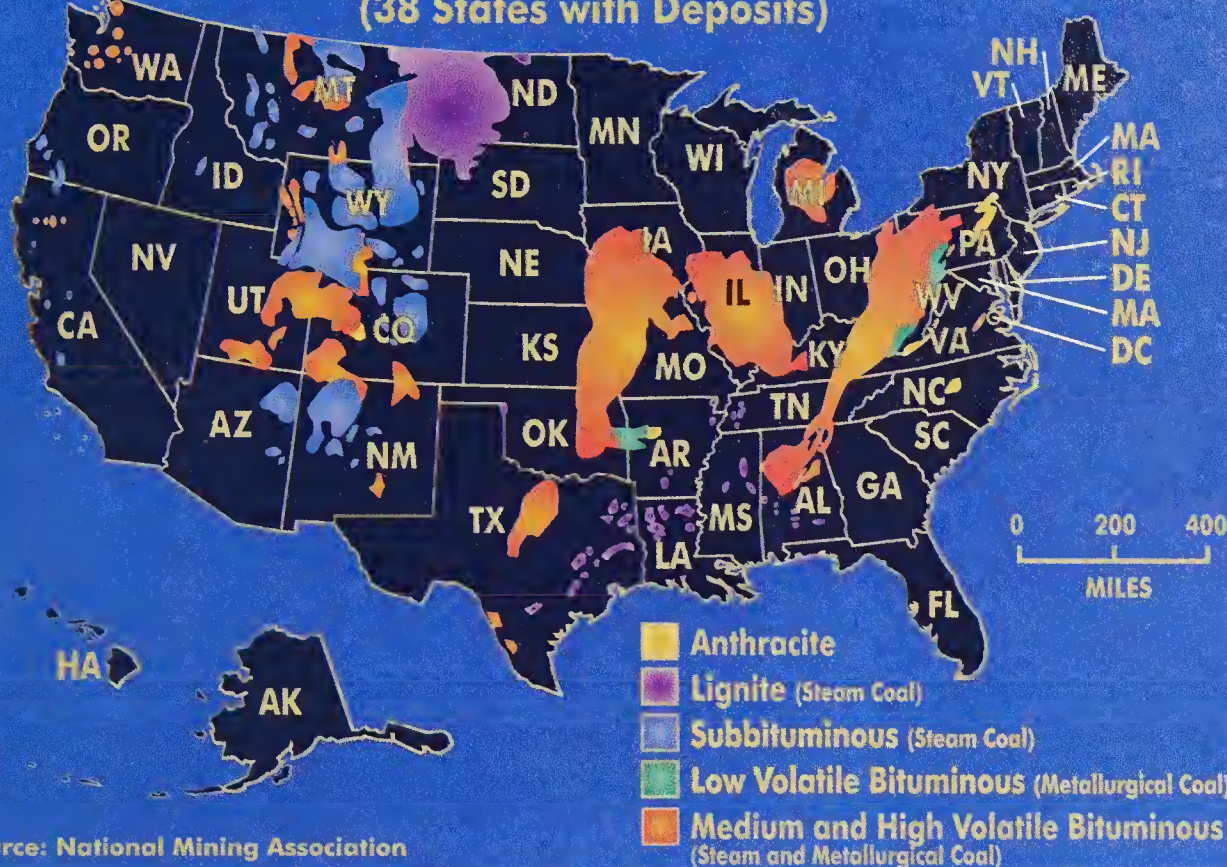


*This article was prepared by the Environmental Communications Task Force of the nation's electric cooperatives.*



# Coal Reserves in the United States

Coal is widely distributed across the United States  
(38 States with Deposits)



assumes that the greenhouse effect — the ability of the atmosphere to absorb and slowly release the sun's heat — will increase based on an increasing concentration of "greenhouse gases" being produced by human activities. Among those greenhouse gases is carbon dioxide produced by fossil fuel-fired power plants. It is true that the earth's average surface temperature has increased slightly in the past 100 years, however the issue of global warming and its effect remains unsettled. Many reputable scientists disagree over the roles played by human-generated greenhouse gases and those produced naturally.

## In America, coal is electricity

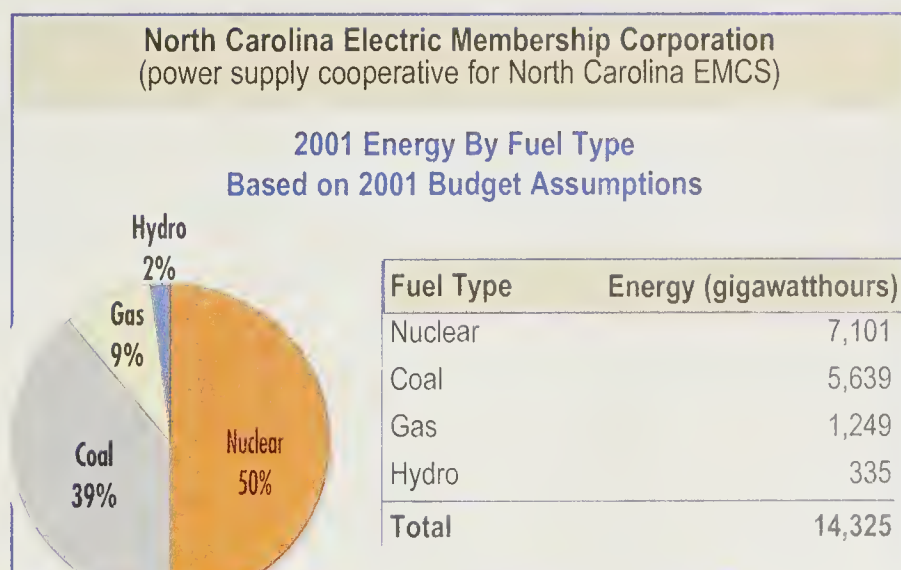
More than 56 percent of our electricity is generated by coal, ranking as the predominant fuel for electricity in 32 states, according to the Energy Information Administration. Today the other major sources for producing electricity are nuclear, natural gas and hydropower.

Utilities have turned to coal-based electricity for one primary reason: it has consistently produced the most reliable and lowest cost electricity. Today, 23 of the 25 power plants with the lowest operating cost are fueled by coal.

For those who get their power from rural electric cooperatives, the coal story is even more revealing. Across the country, 33 generation and transmission (G&T) cooperatives own and operate some 24,000 megawatts of coal-fired power plants. That means more than three-fourths of G&T's electric capacity is based on coal, and it is the G&Ts that provide power to nearly

870 distribution cooperatives and their consumer-owners in 46 states. In fact, rural electric cooperatives serving customers in 28 states get half or more of their electricity from generators fueled by coal.

North Carolina's electric cooperatives are not as reliant on coal as their counterparts nationally. Here, 26 cooperatives buy from their statewide power supply co-op, North Carolina Electric Membership Corporation (NCEMC), one of the largest buyers of wholesale power in the nation. In addition to owning part of the Catawba Nuclear Station in South Carolina, NCEMC contracts with several power generators. As a whole the 2001 power supply for the state's cooperatives will come from the following fuels (see chart):

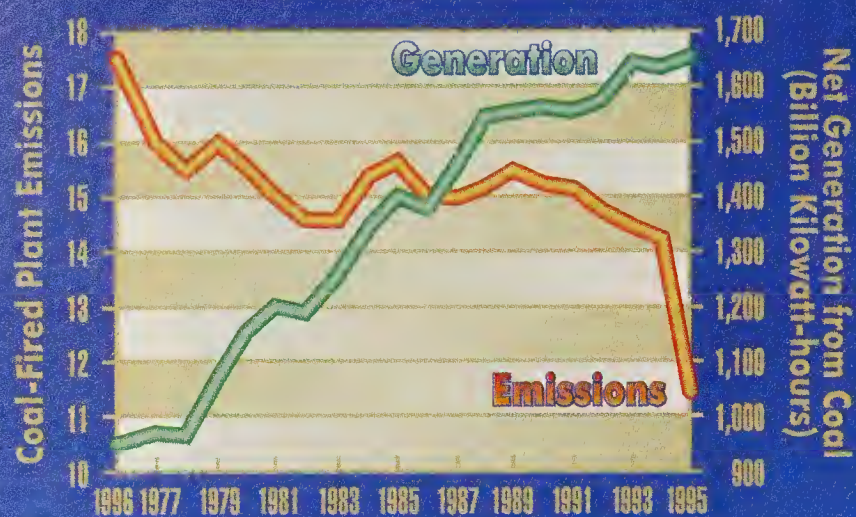


(Continued on next page.)



# United States Utility Coal Use

## Coal Net Generation & Sulfur Dioxide Emissions (Million Short Tons)



Source: Energy Information Administration/Environmental Protection Agency

## Economic threats

**T**he use of coal to produce electricity is under discussion on several fronts, including:

- Amendments to the United Nations Framework Convention on Climate Change that would set strict levels and timetables for reducing greenhouse gases in the atmosphere;
- New federal air quality standards for emissions;
- Proposed federal legislation requiring tough nitrogen oxide, carbon dioxide and mercury controls; and
- A \$10 million media blitz by environmental groups attacking "outdated, inefficient" coal-fired power plants with "belching smokestacks."

"In the face of these challenges, however, America's power plants - especially those owned by electric cooperatives - have the most sophisticated environmental controls and technologies compared to most of the rest of the world," notes Gary Evans, director of Strategic Planning & Analysis for the National Rural Electric Cooperative Association (NRECA).

Perhaps the most ominous threat, according to industry observers, is the Kyoto Protocol, a proposed amendment to the U.N. Framework Convention on Climate Change regarding greenhouse gas emissions that was negotiated in Japan in 1997. As proposed, it would require reducing carbon dioxide emissions in the United States to 7 percent below 1990 levels between the years 2008 to 2012. However, in order to take effect in the United States, the Protocol must be ratified by the Senate. In 1998, senators resolved by a 95-0 margin that they would not ratify the amendment if it seriously harms the U.S. economy and doesn't include developing nations.

Those questioning the agreement say that it would economically harm only this country, reducing its ability to compete in world markets. They say that a big reduction in greenhouse gas

emissions in this short period of time would increase energy costs, reduce income for farmers, and otherwise retard the economy.

## Are there alternatives to coal?

**T**here is broad agreement that coal simply can't be replaced as the main source of electricity in the foreseeable future. For example, renewable resources — the sun, wind, water and biomass — are often touted as the answer to replace coal and fossil fuels.

However, they aren't where you need them, when you need them or in a form you can readily use them, says energy consultant Mark Mills, in "Renewable Energy and the Laws of Nature." Mills points out that civilization's "environmental footprint" increases with the use of renewable energy sources, that land use impacts increase when you replace coal with renewable forms of energy.

Fossil fuels have supplied two-thirds of the energy for U.S. economic growth over the past 20 years, while nuclear energy accounted for nearly 30 percent. Assuming that energy efficiencies improve in the future as they have in the past two decades, economic growth will require the same increase in the U.S. energy supply. But because of safety and other concerns, no plans have been advanced to build new nuclear power plants. If you take coal out of the energy picture, natural gas would have to increase nearly five times, while the growth that had been supplied by nuclear would have to be made up by renewable energy. To accomplish that, energy consultant Mills says America would need a 5,000 percent increase in renewable energy — and that still would mean a 400 billion kilowatt-hour shortfall in the U.S. electric supply.

The federal government and others are advocating natural gas as the so-called "bridge fuel," taking America into the 21st century. The Energy Information Administration notes that about half of the current nuclear plants will be retired in the next 20 years. And it predicts that growing energy demands and an offset to those retirements will be met mostly by natural gas-fired facilities. However, producing natural gas and other fuels today costs at least twice what it costs to produce coal for fuel.

So the likely energy mix for the near future will rely on coal and other fossil fuels. It is also likely that the way we use coal will change. Clean coal energy technologies are developing rapidly. Cooperatives across the nation, including those in North Carolina, support developing clean, efficient and affordable energy technologies. ●



## Welcome to The Carolina Country Store

We've begun stocking the shelves of the new Carolina Country Store. It's our way of showcasing and supporting the growing economy of the North Carolina countryside.

We have no building, no inventory, no cash register. But our doors are open 24 hours a day, every day, at [www.carolinacountry.com](http://www.carolinacountry.com). Next time you're in the Web neighborhood, stop in at The Carolina Country Store. These pages show a sampling of what's in stock.

As we add goods and services to our aisles and departments, we'll link you to suppliers of Carolina culture, crafts, foods, events, tools, destinations, outdoor goods, clothing, children's things, gardens, causes and more. We'll keep up with news on the Porch and post special events and notices on the Bulletin Board.

Brigitte Ting designs our displays.

If you have any comments or suggestions for the Carolina Country Store, contact our storekeeper Elisa Cottrell through the Web site or by email at

[Carolina.country@ncemcs.com](mailto:Carolina.country@ncemcs.com).

## For agriculture and the self-employed

Being self-employed can be lonely. It can also be expensive. Communicating for Agriculture and the Self-employed (CA) is a non-profit association bringing self-employed people together for group discounts and shopping, health insurance and other causes affecting the self-employed. The organization, which has been around for 28 years, has over 100,000 members from 50 states. An \$8 monthly fee entitles members access to group health insurance, the quarterly "Self-Employed Country Magazine," a prescription drug card, a 24-hour nurse on-call line, free e-mail, equipment leasing and financing, access to scholarships, travel discounts and grocery coupons. Several levels of membership are available, including a free online membership. Contact CA at (800) 432-3276 or visit them on the Web at [www.selfemployedcountry.org](http://www.selfemployedcountry.org).

## Eddy Merle Watson Garden for the Senses

Created in 1988, the Eddy Merle Watson Garden for the Senses is a tribute to the man whose name the garden bears. After a tragic accident cut his life short at the age of 36, friends and family of Merle Watson, a gifted musician and son of legendary blind acoustic musician "Doc" Watson, decided to start a garden in honor of Merle on the campus of Wilkes Community College. Because of "Doc" Watson's sensitivity to the needs of the visually impaired, they developed the garden with highly fragrant plants with tactile appeal and Braille identification markers. World-renowned horticulturists have been retained to provide expertise in the selection of plants that have strong fragrances and unusual textures. The garden also includes several brick sculptures by Goldsboro sculptor Patricia Turlington.

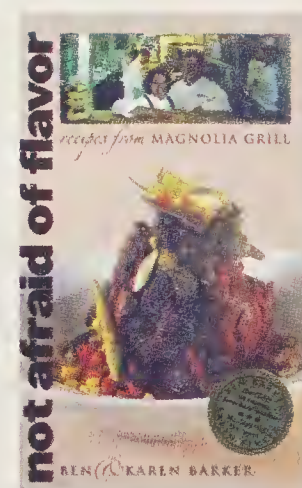


For more information visit [www.merlefest.org](http://www.merlefest.org), click on the Information Center link, then choose Garden for the Senses.

## Close encounters of the bird kind



Bird enthusiasts around the country are chirping about a new approach that can have chickadees, nuthatches and other wild birds pecking seeds from the palm of your hand. With the use of "Bill Bird-in-hand," a life size statue that helps birds adjust to your presence during feeding, you can enjoy the thrill of a wild bird taking a treat right from your hand. The 121-page book, "Bill's for the Birds," is available for \$11.99, plus \$3.95 for shipping. The "Bill Bird-in-hand" training unit is \$58.99, plus \$7.95 for shipping and guaranteed delivery. To order, call (800) 558-1013 and mention Suite 4489.



## "Not Afraid of Flavor"

If you're looking for some new twists on traditional Southern cuisine, check out "Not Afraid of Flavor" by Ben and Karen Barker, award-winning chefs and owners of the acclaimed Magnolia Grill in Durham. From Spicy Grilled Shrimp with Grits Cake, Country Ham & Redeye Vinaigrette, to Spicy Slaw and Slow-cooked Southern Greens, to Karen's award-winning pastries, you can now create culinary masterpieces of your own with this 254-page book containing 125 recipes. The book is available in hardcover for \$29.95 at bookstores. Contact The University of North Carolina Press at (919) 966-3561 or visit the Web site [www.magnoliagrill-cookbook.com](http://www.magnoliagrill-cookbook.com).



## North Carolina's lesser known capitals

High Point, the "Home Furnishings Capital of the World," along with eight other North Carolina "capitals," is featured in a new book by Bill Rau identifying over 300 capital towns across North America. "America's Capitals: U.S. and Canadian Towns with World Class Names," is published by Side Roads, a publisher of books on unique and lesser-visited areas of North America. The 112-page book retails for \$11.95 and can be ordered directly through the publisher's Web site at [www.travelthesideroads.com](http://www.travelthesideroads.com) or with a toll-free phone call to (877) 849-1093.

## Read any good brooks lately?



"Spin-doctors" Michael Rutter and J. Alan Baumgarten know just how to challenge the old fishing postulate: 10 percent of the fishermen catch 90 percent of the fish. "Spin Casting Brilliantly" will answer such questions as how to choose the right gear; tips for fishing streams, rivers, lakes, and ponds from bank or boat; and techniques for catching specific types of fish. The 158-page book sells for \$18 at bookstores. You can also order the book directly from Mountain Press Publishing Company by calling (800) 234-5308, or by visiting their Web site at [www.mtnpress.com](http://www.mtnpress.com).

## Need a storyteller?

Barbara Lott during the past 40 years has entertained children and adults with her folk tales, fables and stories at festivals, art centers, civic organizations and street fairs, as well as on radio programs and television shows.

Based in North Carolina, she specializes in telling classic stories, including Grandfather Tales, Uncle Remus stories, African folk tales, Jack tales, Biblical stories and stories that portray "good moral character."

For information about scheduling Barbara Lott, call 1-888-I-TELL-4-U.

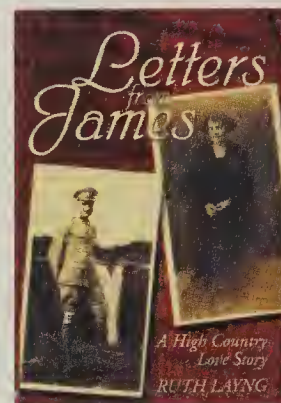
## The Manna Food Bank

The Manna Food Bank works to alleviate hunger in western North Carolina. All but one county in Manna Food Bank's area have more than 10 percent of their population living in poverty. In some counties, more than one of four people are living in poverty, according to the food bank, yet 39 percent of all client households have at least one adult who is working.

At the Manna Food Bank Web site you can give a donation, check out volunteer opportunities and get advice on holding a food drive. Visit [www.mannafoodbank.org](http://www.mannafoodbank.org) or call (828) 299-3663.

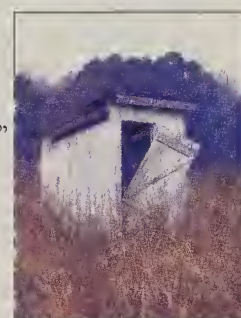
## "Letters from James"

In 1917, Jennie Wainwright was 16, and World War I was in full swing. An unlikely relationship began when a young Irishman, and fellow soldier of Jennie's brother, began writing to her from the battlefields of France. Over the next two years James Culhane and Jennie Wainwright fell in love. "Letters from James" is the story of that love, the horrors of war and life in the Appalachian mountains of North Carolina. The book is available for \$19.95 in bookstores or directly from Parkway Publishers in Boone at (800) 821-9155.



## A stroll down privy lane

New from Morehead City dentist and author, Jack Dudley, comes a coffee table book sure to draw a crowd and many laughs. "Outhouses Along the White Oak" explores the history of a very private phenomenon along the banks of the White Oak River in North Carolina. Chronicling everything from outhouse seat styles to prime outhouse property, this scatological investigation is rounded out by humorous anecdotes related in one way or another to these "temples of convenience." This 79-page, hardcover book sells for \$24.95 in bookstores or through the publisher, Coastal Heritage Series, 409 N. 35<sup>th</sup> St. Morehead City, NC 28557.



## Falling Waters Resort

At the Falling Waters Resort near Bryson City, you can go whitewater rafting and stay in a yurt. What's a yurt? They are modern tents inspired by an ancient Mongolian design. Each yurt is outfitted with a queen-size bed, futon, a small refrigerator, coffee maker, and an AM-FM/cassette/CD player. You can see the night sky through the domed skylight. The resort also can plan whitewater rafting, mountain biking, horseback riding, fishing or hiking excursions. After a long day hiking or rafting, come back and relax in the hot tub. The resort is closed December through February, but you can make plans now for the spring. There is also a group lodge.

Contact the Falling Waters Resort at (800) 451-9972 or [www.fallingwatersresort.com](http://www.fallingwatersresort.com).





## National Kidney Foundation



You can donate your old car to the National Kidney Foundation's Kidney Cars Program. Not only will you save the money on repairs, but you may also qualify for a tax deduction.

Kidney Cars turn into significant funding for kidney patients and transplant recipients who depend on the foundation for medication and emergency living expenses.

The foundation accepts vehicles in all shapes, sizes and conditions. And donating is easy. Call (800)488-CARS (2277) and a representative of the foundation will walk you through the process of donation and provide a letter acknowledging your donation, so that you may qualify for a tax donation.

## The N.C. Wild Store

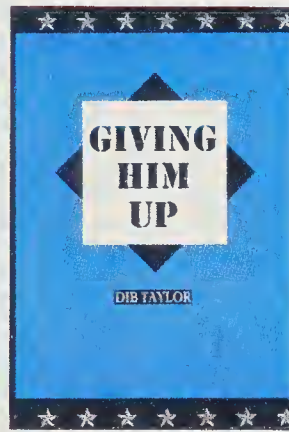
Looking for educational posters or books on North



Carolina wildlife? Then check out the N.C. Wild Store at

[www.wildlife.state.nc.us](http://www.wildlife.state.nc.us). The N.C. Wild Store has a variety of posters, books, maps, t-shirts and caps. Maintained by the North Carolina Wildlife Resources Commission, the store's proceeds support the development and production of the commission's conservation education projects and programs.

## "Giving Him Up"



From the author of "Not a Hero, Just Lucky" comes another book about Riley Taylor. Written by his devoted wife, Dib, "Giving Him Up" includes Riley's tour to Normandy for the Fiftieth Anniversary of D-Day, and his rather unexpected death at the age of 83. This book is a tribute to Riley Taylor, a resident of Pinehurst, and the special marriage he shared with his wife

of 52 years. The 50-page book sells for \$7.95 and is available in paperback at bookstores. For more information, contact Vantage Press, Inc., 516 West 34<sup>th</sup> St. New York, NY 10001.

## Smoky Mountain Web site

The Web site [www.mountains.org](http://www.mountains.org) offers tourists the ability to check hotel prices and availability for the Smoky Mountain area of Gatlinburg and Pigeon Forge, Tenn. Instead of calling from hotel to hotel, you can now gather information in one place, and then make your reservations online. The Web site also includes information about tourist attractions, nature activities like hiking and skiing, and arts and entertainment shows for the region. Children can also find information on the history of the Smoky Mountains, Cherokee Indians, pioneer cooking, wildlife and many other topics useful in preparing reports for school. You can also request a free Smoky Mountain Visitors pack at [www.mountains.org](http://www.mountains.org).

# K Country KIDS

## Don't put your feet on the sofa



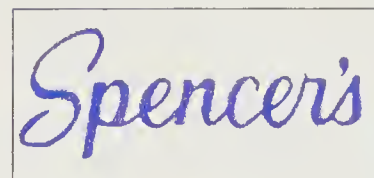
If you're looking for furniture that can withstand the tests of childhood, then check out the children's line from Taylorsville-based furniture manufacturer Mitchell Gold. Two of the chairs in the children's line use slipcovers that can easily be washed when spills occur. (Many of their "grown-up" sofas and chairs use slipcovers, too.) Contact their outlet store in Hickory at (828) 261-0051 or go to [www.mitchellgold.com/html/kidsMore.asp](http://www.mitchellgold.com/html/kidsMore.asp)

## Shopping for baby from home

The Baby Lane is an on-line baby store based in New Bern, where the mom/owner and her son have tested most of the products that are for sale. Order things for baby or mom, including gift certificates, diapers and toys. See [www.thebabylane.com](http://www.thebabylane.com).

## Children's clothing

Based in Mt. Airy, Spencer's has been clothing kids since 1889. At their Web site you can see their clothing lines and find stores near you that carry Spencer's clothing – including K-Mart and Wal-Mart. The Web site also includes a section with tips for parents, links to other family-oriented Web sites and a discussion forum for parents. See [www.spencers.com](http://www.spencers.com).





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# EMC's and 4-H *tee/off* for youth

Over 120 golfers gathered at Grandover Golf Resort & Conference Center in Greensboro on Saturday, September 23, 2000 for the 4<sup>th</sup> Annual EMC State 4-H Clover Classic to raise funds for North Carolina's 4-H Youth Development program. This year, ten county 4-H programs, in partnership with the regional cooperatives, held local tournaments that culminated in this statewide tournament, sponsored by the North Carolina Electric Membership Corporation (NCEMC).

After a round of golf, the golfers and their guest relaxed and shopped the silent auction at an awards dinner at Grandover Resort in Greensboro. The proceeds raised will go to benefit the 4-H camping program. There are six 4-H camps across the state and an additional one being constructed currently in the northeastern part of the state. More than 5,000 young people are served through programs at the camps and centers annually. Additional proceeds will go towards teen programs and other awards programs that provide recognition, travel opportunities, and scholarships to 4-H members.

The ten local tournaments have raised over \$45,000 this year to help fund programs for the local counties. Counties use this money to help fund intra-state exchanges, offset project and curriculum costs, scholarships for camp, and many



Dal Langston of Central EMC accepts the 2000 President's Cup Award of Excellence for the co-op's annual support of the Lee County golf tournament. With Dal are Chuck Terrill (left), CEO of North Carolina EMC, the tournament's Grand Patron, and Mike Davis (right) State 4-H Leader.

The North Carolina 4-H Youth Development program serves over 200,000 youth, ages 5-19, in North Carolina and utilizes over 20,000 adult volunteers annually. Local 4-H programs are supported with resources from the Cooperative Extension Service within the College of Agriculture and Life Sciences at North Carolina State University and North Carolina A & T State University. Four-H has offices in all 100 counties plus the Cherokee Reservation. For more information about the 4-H Youth Development Program, contact your local Cooperative Extension office or the state 4-H office at (919) 515-3242; mailing address: NCSU Box 7606, Raleigh, NC, 27695-7606.



The EMC 4-H partnership has raised over \$25,000 for Lee County 4-H programs since the tournament began.

other program needs. The counties participating in tournaments include Onslow, Ashe, Halifax, Sampson, Harnett, Cumberland, Pitt, Greene, Lee, Pasquotank, Union, Warren, Wake, Vance, and Franklin. The first local tournament began over ten years ago and these have become very successful partnerships and major fundraisers for local 4-H programs.

"Grand patron" for the EMC State 4-H Clover Classic was the North Carolina Electric Membership Corporation. "Golf patrons" include regional cooperatives who partnered in local tournaments and corporate sponsors. These include Jones-Onslow EMC, Blue Ridge EMC, Halifax EMC, South River EMC, Pitt-Greene EMC, Central EMC, Albemarle EMC, Union Power and Wake EMC. Other "golf patrons" include Moore & Van Allen, PLLC, Arthur Andersen LLP, NC 4-H Development Fund, National Rural Telecommunications Cooperative (NRTC), Heritage Bank, Franklin Street Trust, Carolina Hurricanes, and CP&L.

The North



Winners of the annual EMC State 4-H Clover Classic tournament were (from left) Bob Williams, Larry Williams Sr., Chris Williams, and Larry Williams.





## *The Carriage House at Cone Manor*

*By Richard Tumbleston*

The magnificent manor house and grounds built by textile industrialist and community benefactor Moses H. Cone and his wife a century ago sit high above Bass Lake, perched on the side of the mountain near Blowing Rock in Watauga County. They now form the Cone Memorial Park off the Blue Ridge Parkway.

A new painting by Boone artist Richard Tumbleston shows "The Carriage House at Cone Manor" on a late afternoon after a snowfall. The carriage house stands alone, surrounded by dense snow, ash trees and a single carriage trail below. An arching stone bridge of the Blue Ride Parkway is seen in the distance.

This painting will hang in the new Blowing Rock Community Arts Center, which recently broke ground for its construction. Mr. Tumbleston and The Blowing Rock Stage Company have published two signed, limited editions of the painting – an offset lithograph and a Giclée print (special inks and fine art stock for a long-lasting print). The Giclée includes a remarque of the Cone manor house itself. Both are presented in custom portfolios. Proceeds from the sales will benefit the new arts center.

The offset lithograph (15-by-24-inch image) is \$95. The Giclée (22 ½-by-35 ¾ inch image) is \$650. There are shipping and tax charges.

Tumbleston Studio of Art  
P.O. Box 1243  
Boone, NC 28607  
Phone: (828) 264-7147

*or*

Blowing Rock Stage Company  
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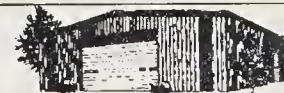
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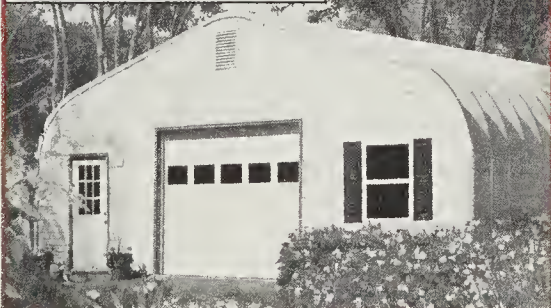
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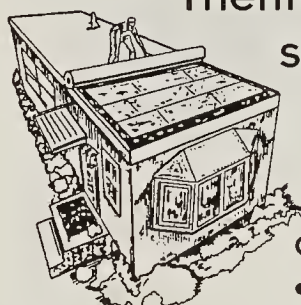
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l s h l e g r p i w

“ A B E F H I L N O P S T X U ”  
p o w e r a n d l i g h t s

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OH,  
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Morehead City and Beaufort  
waterfronts, (252) 726-8148

## Hospice Festival of Trees

Dec. 2-7, Morehead City  
Crystal Coast Civic Center,  
(252) 247-3883

## Christmas By the Sea

Dec. 2-17, Southport  
(800) 457-6964

## Newport Christmas Parade

Dec. 3, Newport  
2:30 p.m., (252) 223-4749

## Historic Candlelight Christmas

Dec. 5-6, Murfreesboro  
(252) 398-5922,  
[www.murfreesboronc.com](http://www.murfreesboronc.com)

Historic  
Candlelight  
Christmas  
Dec. 5-6



## Beaufort Christmas Parade

Dec. 6, Beaufort  
4 p.m., (252) 728-1310

## Edenton Candlelight Tour

Dec. 8-9, Edenton  
(800) 775-0111,  
[www.edenton.com](http://www.edenton.com)

## Lighting of the Battleship

Dec. 8- Jan. 6, Wilmington  
(910) 251-5797,  
[www.battleshipnc.com](http://www.battleshipnc.com)

## Coastal Carolina Christmas Walk

Dec. 9, Beaufort  
Beaufort Historic Site,  
(800) 575-7483

## Swansboro Area Homes Tour

Dec. 9, Swansboro  
(910) 354-4839

## Holiday Tour of Homes

Dec. 9, Carolina and Kure Beaches  
(910) 458-5403

## Duplin Winery Dinner Show

Dec. 9, Rose Hill  
(800) 774-9634,  
[www.duplinwinery.com](http://www.duplinwinery.com)

## Arts & Crafts Show

Through Dec. 9, Morehead City  
Morehead Plaza Shopping  
Center, (252) 726-3354

## "Babes in Toyland"

Dec. 10-12, Lumberton  
Benefits Hospice of Robeson  
Holiday Inn, (910) 671-5577

## Christmas caroling

Dec. 15-24, Wilmington  
By reindeer-drawn trolley,  
(910) 251-8889

## Cruise with Santa

Dec. 16, Wilmington  
Family Riverboat Cruise,  
(800) 676-0162,  
[www.cape-fear.nc.us](http://www.cape-fear.nc.us)

## Christmas in the Country

Through Dec. 16, Kenansville  
Fridays and Saturdays, Music,  
Kenan Memorial Auditorium,  
8 p.m., (910) 296-2345

## City Works Exhibit

Through Dec. 18, Wilmington  
Wilmington Children's  
Museum, (910) 254-3534

## Holiday Celebration

Through Dec. 21, New Bern  
Tryon Palace, (252) 514-4900

## Millenia at McCulloch

Dec. 29-31, Jamestown  
At Castle McCulloch,  
(336) 887-5413

## Countdown

Dec. 31, Carolina Beach  
Boardwalk  
(910) 458-5403,  
[www.cape-fear.nc.us](http://www.cape-fear.nc.us)

## Riverboat Cruise

Dec. 31, Wilmington  
(800) 676-0162,  
[www.cape-fear.nc.us](http://www.cape-fear.nc.us)

## Fireworks

Dec. 31, Wilmington  
Over the Cape Fear River  
Battleship North Carolina,  
(910) 251-5797,  
[www.battleshipnc.com](http://www.battleshipnc.com)

## Dragon Run

Dec. 31, Oriental  
New Year's Eve Celebration,  
(252) 249-0555

## Walking Tour

Through Dec. 31, Carolina Beach  
7 p.m., (910) 458-7116

## History Exhibit

Through Dec. 31, Elizabeth City  
"African-American Builders &  
Architects in NC: 1730-1865,"  
Museum of the Albemarle,  
(252) 335-1453

## "Jewish Settlers in Eastern N.C."

Through Feb. 25, Wilmington  
Cape Fear Museum,  
(910) 341-4350

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# Using the Internet to Travel the Real World

For years people have transcended distance using the Internet, sending messages and retrieving information from the far corners of the world. Lately the Net has become increasingly useful in bridging distance physically, from researching vacations to cutting business travel costs.

The number of people booking travel online doubled last year over the year before, and now over a third of the online population has participated in the online travel boom, according to Cyber Dialogue, an Internet consulting firm.

About 28 percent of business travelers (or their assistants) now regularly make airline reservations online, compared with 33 percent who book using the telephone, according to Greenfield Online, an online market research firm.

Online travel generates more revenue than any other online sector, having surpassed runner-up computer hardware and software last year, according to eMarketer, an Internet research firm.

Statistics such as these may delight online travel industry insiders. But travelers should be aware that the Net is better at some things than others. And with the current instability in the dot-economy, you should be careful about Web travel companies that could head south at a moment's notice.

Nothing compares to the Internet for quickly gathering information or comparison shopping, and both factors have fueled the online travel explosion.

Top general-purpose travel sites such as Expedia.com, at [www.expedia.com](http://www.expedia.com), and Travelocity.com, at [www.travelocity.com](http://www.travelocity.com), can help with every step of a trip. You can choose a vacation, research your destination, find the best airfare, book airline tickets, track frequent flier miles, reserve a hotel room, rent a car, get driving directions and check the weather forecast.

Some sites specialize in business travel, such as Biztravel.com, at [www.biztravel.com](http://www.biztravel.com), which made a splash with its guarantee of cash compensation for mishaps from flight delays to slow responses to e-mail. But it can also automatically send last-minute flight updates to your pager, and it provides tools to help businesses stay within their travel budget.

For larger organizations, "managed travel" sites such as GetThere, at [www.getthere.com](http://www.getthere.com), handle group rates you've negotiated with airlines, hotel chains and car rental agencies. GetThere can build a travel intranet that employees can use to book their own travel. Some managed travel sites are beginning to offer their services to smaller businesses.

All is not smooth sailing, however, in the online travel world.

With any given trip, the time and cost savings you expect from going online may fail to materialize. Web pages may load slowly or crash, turning the process into a time-consuming headache. The least expensive itinerary from a discount

site may be more expensive than from other sites, or from a local travel agent.

Sometimes the advice you get is flat-out wrong. Mapping services, for instance, often provide driving directions that get you there via a slow, indirect route. Computer algorithms may be more sophisticated than ever, but most computers are no match for a human being when it comes to decision making, even with something as mundane as whether to turn right or left.

The possibility exists that some high-visibility travel sites won't be around much longer. The investment firm Bear Stearns predicts that in two years, even though online travel revenue will increase fourfold, 80 percent of travel Web sites will fold, particularly discount sites.

The biggest name in discount travel, Priceline.com, at [www.priceline.com](http://www.priceline.com), is currently in trouble. Despite the efforts of pitchman William Shatner, the company recently laid off workers and plans to lay off more as it shuts down its grocery and gasoline operations.

The value of its stock has tumbled more than 90 percent over the past year and a half, and the company is under investigation by the attorney general's office in Connecticut, where the company is headquartered, because of complaints from consumers.

Priceline.com's reverse auction format has attracted a lot of bargain hunters, particularly in the travel area. You specify what you're willing to pay for an airline ticket,

hotel room, or rental car and hope it's accepted. But the reality always doesn't live up to the hype. Low bids are often rejected, and when they are accepted, you have to accept terms that frequently include inconvenient departure and arrival times and out-of-the-way airports and hotels.

Priceline.com, which unlike a lot of dot-coms generates significant revenue, could still survive the predicted industry shakeout. But as with everything else about the Internet, the only constant is change.

For more tips about online travel, check out the CNET Travel Planner at [www.cnet.com/specialreports/0-7135.html](http://www.cnet.com/specialreports/0-7135.html).

Reid Goldsborough is a syndicated columnist and author of the book *Straight Talk About the Information Superhighway*. He can be reached at [reidgold@netaxs.com](mailto:reidgold@netaxs.com) or [members.home.net/reidgold](http://members.home.net/reidgold).





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Joyner's corner answers





To a degree, houseplants aid in creating a healthier environment indoors. They release a bit of oxygen into the atmosphere while removing some of the dryness of winter. Two outstanding choices are the Spider Plant (*Chlorophyllum*) and the Peace Lily, which will both succeed in low-light interiors.

When selecting a live Christmas tree, lift the tree and tap the base of the trunk on the ground. If dry needles fall away, then you know it's been a long time since the tree was cut. Once you have chosen a fresh tree, you need to have the trunk trimmed and placed in a container of water for 2 to 3 days before putting it up inside. Keep the tree in a container of water while indoors, locating it away from heating vents. Research has shown that chemical preservatives are of little help in extending the life of fresh trees.

## December do's

- When rainfall is scant, continue to water trees and shrubs. Plants need soil moisture even when temperatures are low.
- If not previously treated, spray ground around azaleas with iron chelates if chlorosis (yellowing of the leaves) appears.
- Newly planted rose bushes benefit from a mound of topsoil pulled 6 to 8 inches around the plants. This keeps stems moist and growth buds alive and healthy – ready for rapid growth in the spring.
- Houseplants are semi-dormant. Keep fertilizing to a minimum, as it promotes excessive spindly growth during these less than ideal conditions.
- If a camellia plant has a cluster of several flower buds at the tip of a stem, remove all but the largest at the end of the stem. This assures a well-formed flower. Flowering camellias need a lot of water; otherwise buds may fall before they open.
- Complete planting of spring-flowering bulbs. If you've been chilling tulip bulbs in the refrigerator, remove them and get them in the ground before Christmas.
- Set out such cool-season annuals as pansies, calendulas, snapdragons and candytuft for winter and early spring color. When temperatures are forecasted to dip extremely low, mulch lightly with pine straw or dry broadleaves. This usually brings plants through the cold unharmed.
- Take care in pruning pine trees. If a pine branch is shortened, there are no side branches left with dormant living buds to provide new growth.
- Trees and shrubs planted now usually have ample time to become established before spring's warm weather arrives. Considerable root activity occurs during our average winters. In case of severe freezes, mulch heavily from the trunks to the area above the end tips of roots.

## Shrub planting

Soil moisture determines the best time to plant shrubs. They should not be set out when clay soil is wet, as this has a cementing effect on the soil. Under such conditions, shrubs should be "heeled in" a temporary location until soil dries out. Dig a shallow trench, and then place the shrub on its side in the trench. Cover root ball with soil. When locating a good place for the shrub in the landscape, be sure to account for the size of the full-grown shrub. Near a building, allow enough room for a special effect in a formal garden or as a compliment to a modern architecture style.

## Geraniums from seed

Carefree geraniums come true to color when grown from seed, and are self-pinching and self-branching. When grown outdoors, geraniums will bloom most of the summer until first frost, when they can be potted and brought indoors. December planting of seeds will result in June blooms rather than July blooms, which result from later planting. Place seeded pots in a sunny window or on a sun porch.

## Flowering plants in pots

Flowering plants of the Christmas season should be placed in bright light, preferably sunlight, during the day and moved to a cool room at night. Check plants daily to be sure they are not dry. Keep soil moist, but not wet, using room temperature water.

## Outdoor Christmas tree

Metal holders that clamp onto strings of outdoor Christmas lights may injure living trees. As the wind blows, metal may rub the

bark and cut into it, injuring the living tissue. Instead, use plastic "twist-ems," generally found on bakery products, to secure the lights to the tree branches. Then arrange the lights so they are not in direct contact with the branches.

## Fall-flowering Sasanguas

As soon as flowering is finished on Camellia sasanguas, the plants usually need training by pruning. Some require considerable pruning. For a more natural effect, cut out individual limbs. Prune soon after flowering period to avoid affecting next year's flowering. Camellia japonicas requires little pruning, except when it outgrows its landscaping purpose. This pruning can be accomplished by cutting the branches of flowers, making the cut well back into the plant.

## Ask Hank

**Q:** For holiday decorations in our home, we're bringing holly sprays from our son's family home in Smithfield. How should we treat these to assure they don't fade during the Christmas and New Year holidays?

T.J.L., Emerald Isle

**A:** Two methods will prolong the life of broadleaf evergreens. Anti-freeze from the car radiator works well. Soak holly branches in the anti-freeze for 2-3 hours; remove the holly sprays and dry on newspaper. It may be necessary to wipe with a soft cloth to remove the sticky coating. Also, floor wax will do the job. To make a solution, follow the directions on the wax container. Dip branches into floor wax solution. Let dry. These may need wiping with a dry cloth.

For a whole year's gardening guide, visit our Web site at [www.carolinacountry.com](http://www.carolinacountry.com)





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# A seasonal dinner menu.

## Stuffed Butternut Squash

3 small butternut squash (about 1- $\frac{1}{2}$  pounds each)  
2 cups cubed fully cooked ham  
1 cup soft bread crumbs  
 $\frac{1}{2}$  cup shredded tart apple  
 $\frac{1}{4}$  cup packed brown sugar  
2 tablespoons prepared mustard



Cut squash in half lengthwise; discard seeds. Place squash, cut side down, in a 15-by 10-by 1-inch baking pan. Fill pan with hot water to a depth of  $\frac{1}{2}$  inch. Bake, uncovered, at 350 degrees for 30 minutes. Combine remaining ingredients. Turn squash cut side up; stuff with ham mixture. Cover unstuffed end of squash with foil to prevent drying. Bake at 350 degrees for 30 minutes or until squash is tender. Yield: 6 servings.

## Herbed Cornish Hens

The seasonings in this recipe also work great on a whole roasted chicken.

6 Cornish game hens (about 20 ounces each)  
1 cup lemon juice  
 $\frac{3}{4}$  cup butter or margarine, melted  
 $\frac{1}{2}$  teaspoon paprika  
1- $\frac{1}{2}$  teaspoons dried thyme, divided  
1- $\frac{1}{4}$  teaspoons seasoned salt, divided  
1- $\frac{1}{8}$  teaspoons garlic powder, divided  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon pepper

Place the hens on a wire rack in a large roasting pan. In a bowl, combine lemon juice, butter, paprika and 1 teaspoon each of thyme, seasoned salt and garlic powder. Pour half over the hens; set the remaining mixture aside for basting. Combine salt, pepper and remaining thyme, seasoned salt and garlic powder; sprinkle over hens. Bake, uncovered, at 375 degrees for 30 minutes. Baste with reserved lemon juice mixture. Bake 30 minutes longer, basting occasionally, or until the meat is tender and juices run clear. Yield: 6 servings.



For more Carolina Country recipes, visit the Country Kitchen at our Web site [www.carolinacountry.com](http://www.carolinacountry.com)

## Rice Dressing

Rice Dressing is a delightful change from traditional corn bread dressing.

4 cups chicken broth, divided  
1- $\frac{1}{2}$  cups uncooked long grain rice  
2 cups chopped onion  
2 cups chopped celery  
 $\frac{1}{2}$  cup butter or margarine  
2 cans (4 ounces each) mushroom stems and pieces, drained  
3 tablespoons minced fresh parsley  
1- $\frac{1}{2}$  to 2 teaspoons poultry seasoning  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon pepper  
Fresh sage and thyme, optional

In a saucepan, bring 3- $\frac{1}{2}$  cups broth and rice to a boil.

Reduce heat; cover and simmer for 20 minutes or until tender. Meanwhile, in a skillet, sauté onion and celery in butter until tender. Stir in rice, mushrooms, parsley, poultry seasoning, salt, pepper and the remaining broth. Pour in to a greased 13-by-9-by 2-inch baking dish. Bake, uncovered, at 350 degrees for 30 minutes. Garnish with sage and thyme if desired. Yield: 10-12 servings.



## Chocolate Peanut Torte

Vanilla wafer crumbs and crushed peanuts make an extra tasty crust for this creamy dessert. Folks will likely be lining up for seconds ... and thirds!

2 cups vanilla wafer crumbs  
 $\frac{1}{3}$  cup butter or margarine, melted  
1 cup peanuts, finely chopped, divided  
1 package (8 ounces) cream cheese, softened  
1 cup confectioners' sugar  
 $\frac{1}{2}$  cup peanut butter  
4 cups whipped topping, divided  
3 cups cold milk  
2 packages (3.9 ounces each) instant chocolate pudding mix  
1 milk chocolate candy bar (1.55 ounces), grated

Combine wafer crumbs, butter and  $\frac{2}{3}$  cup peanuts. Press into an ungreased 13-by 9-by 2-inch baking dish. Bake at 350 degrees for 8-10 minutes or until lightly browned. Cool. In a mixing bowl, beat cream cheese, sugar and peanut butter until smooth. Fold in 2 cups of whipped topping. Spread over crust. In a mixing bowl, beat milk and pudding mixes on low for 2 minutes. Carefully spread over cream cheese layer. Cover and refrigerate for 4-6 hours. Just before serving, carefully spread remaining topping over the pudding layer. Sprinkle with grated chocolate and the remaining peanuts. Yield: 16-20 servings.





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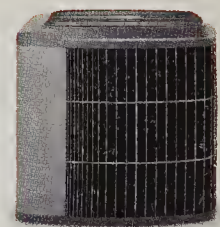


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